



SEPTEMBER 2023

7521 CARMEL AVE NE, 87113

505-764-6475

WELCOME TO NORTH DOMINGO BACA

HOURS OF OPERATION:

MONDAY - FRIDAY 8:00AM - 9:00PM

SATURDAY 9:00AM - 3:00PM

"WE ARE COMMITTED TO
PROVIDING RESOURCES WITH
CARE AND COMPASSION THAT
HELP OUR COMMUNITY THRIVE
WHILE EMBRACING AGING."

Accredited by 
National Institute of
Senior Centers

CLOSED

LABOR DAY, MONDAY, SEPTEMBER 4, 2023



Visit our website:

<https://www.cabq.gov/seniors>



BREAKFAST

MONDAY-FRIDAY 8:00AM-9:00AM



FULL BREAKFAST \$1.50

2 EGGS W/ HASH BROWNS, 2 SLICES OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 2 SLICES OF BACON OR SAUSAGE

MINI BREAKFAST \$0.75

1 EGG W/ HASH BROWNS, 1 PIECE OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 1 SLICE OF BACON OR SAUSAGE

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

BREAKFAST BURRITO \$1.50

BACON OR SAUSAGE (RED OR GREEN ON THE SIDE OR SMOTHERED)

PANCAKE BREAKFAST \$1.00

2 PANCAKES W/ 2 SLICES OF BACON OR SAUSAGE

FRENCH TOAST BREAKFAST \$1.00

2 PIECES OF FRENCH TOAST W/ 2 SLICES OF BACON OR SAUSAGE

A la Carte Items:

EGG \$0.25

BACON (2 SLICES)
\$0.50

SAUSAGE (2 SLICES)
\$0.50

RED OR GREEN CHILE
\$0.25

HOT CEREAL W/ MILK
\$0.70

HASH BROWNS \$0.30
TORTILLA \$0.20

CHEESE \$0.25

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25
TOAST \$0.20
ENGLISH MUFFIN \$0.20

DRINKS:

Coffee \$ Free

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

LUNCH

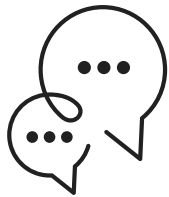
Monday-Friday 11:30AM-1:00PM

You have to make reservations the day before, prior to 1:00pm, anything after you will be put on a waitlist. You can call in your reservation to the front desk!

For members 60+ there is a suggested \$2 donation

50-59 is \$3.25

Ages 49 and under is \$7.67



Message from our Director



Happy September!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,

Director Anna Sanchez

HEALTH EVENTS:

GEHM Clinic:

September 13th,
9:00 AM-12:00 PM

Covid/Flu Shot Clinic:

September 18th,
9:00 AM-12:00 PM



Fall Prevention
September 22nd
8:00 AM-1:00 PM

GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM

SATURDAY,

9:00 AM-2:30 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



ROCK WALL HOURS:

M-F, 9:30 AM-3:30 PM

5:00 PM-8:00 PM

SATURDAY,

10:00 AM-2:00 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



MEMBERSHIP INFORMATION:

NEW/RENEWAL PARTICIPANTS
ARE REQUIRED TO FILL OUT
PAPERWORK TO REGISTER FOR AN
ANNUAL MEMBERSHIP OF \$20.00



TRACK HOURS:

M-F, 8:00 AM-8:45 PM

SATURDAY, 9:00 AM-2:45 PM



FITNESS CENTER HOURS:

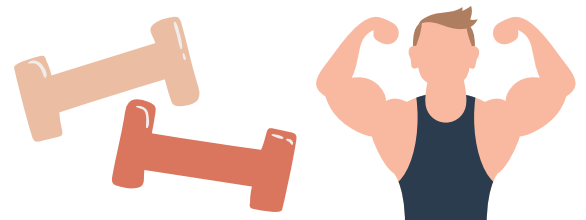
M-F, 8:00 AM-8:45 PM

SATURDAY, 9:00 AM-2:45 PM

CLOSED FOR CLEANING M-F

1:30 PM-2:00 PM

*You must be the age 16+
(under 18 an adult required) to
use fitness center.



North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am
Thursday, 6:00 pm - 8:00 pm



Friday,

9:00 am - 11:00 am

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby.

1-12x18 of newsprint, 1 kneaded eraser, 1 charcoal pencil.

French Group

Saturday,

9:30 am - 11:00 am

Music Circle-Sing & Strum

Wednesday,

10:00 am - 12:00 pm

Card Making

Thursday, 10:30 am - 11:30 am



AARP will be hosting a "Safety Awareness" on September 13, 2023 @ 10:00 AM - 11:00 AM

Please sign up @ front desk to secure your spot by September 8th!

*Refreshments will be provided

Bible Study

Monday, 9:00 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am - 10:00 am

Women's Bible Class

Tuesday, 10:00 am - 11:30 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm

Bible Study/Prayers

Friday, 9:00 am - 10:30 am

Open Bible Study

Friday 10:00 am - 11:00 am

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Knitting/Crocheting

Tuesday,

1:00 pm - 3:00 pm

Sharing memories through writing

Wednesday,

12:30 pm - 2:00 pm

ABQ Karate \$

Tuesday, 5:00 pm - 8:00 pm
Thursday, 5:00 pm - 8:00 pm



Beginning Line Dancing

Thursday, 1:30 pm - 3:00 pm

Intermediate Line Dancing

Wednesday, 1:30 pm - 3:00 pm

Friday, 1:30 pm - 3:00 pm

Ballroom Dancing \$

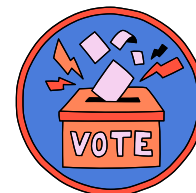
Saturday, 1:00 pm - 2:00 pm

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,
1:00 pm - 2:30 pm

Multiple Sclerosis Self-Help Group

3rd Thursday of the month
1:00 pm - 2:30 pm



Join us for our city council forum
Friday, September 20, 2023
@ 6:00 PM - 8:00 PM

Candidates:
Brook Bassan
Abby Foster

Health and Fitness Classes

Zumba \$4

Social Hall

Monday, Wednesday, Saturday

9:15 am- 10:15 am

Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am- 10:15 am

FIT for Seniors \$3

Gymnasium

Tuesday and Thursday,

9:30 am- 10:30 am

Learn to play pickleball

Gymnasium

Wednesday,

12:00 pm-2:00 pm

Open play pickleball

Gymnasium

Thursday,

6:00 pm- 8:15 pm

Friday,

11:00 am-3:00 pm

Badminton

Gymnasium

Tuesday,

6:00 pm- 8:00 pm



Jazzercise \$

Social Hall

Sign up at Jazzercise.com

Mondays 9:15 am- 10:00 am

4:30 pm-5:30 pm

Tues/Thurs 8:05 am-9:05 am

Wednesday 4:30 pm-5:30 pm

Friday 9:10 am- 10:10 am

Saturday 10:20 am- 11:20 am

Yoga with Lynn \$10

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

Weights, Stretch, and Light

Aerobics

Social Hall

Thursday,

9:30 am- 10:30 am

Feldenkrais

Thursday,

10:00 am- 11:00 am

6:00 pm- 7:00 pm

Kendo \$

Wednesday, 6:00 pm- 7:30 pm

Friday, 6:00 pm- 7:30 pm



Open Gym (All Ages)

*UNDER 18 REQUIRES A PARENT/GUARDIAN

Gymnasium

Monday

5:45 pm-8:15 pm

Tuesday and Thursday

10:45 am-2:00 pm

Friday (Family Night)

5:45 pm-8:15 pm

Saturday

11:00 am-2:30 pm

Senior Basketball

Gymnasium

Monday,

10:45 am-2:00 pm

Wednesday,

6:00 pm-8:30 pm

Saturday,

9:00 am-11:00 am



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Gentle Aerobics Exercise

Gymnasium

M,W,F

9:30 am- 10:30 am

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

Friday

6:45 pm- 8:30 pm

American Kenpo Karate

NDB Aerobics Room

Monday

10:30 am- 12:00 pm

Wednesday

11:30 am- 1:00 pm

Friday

9:00 am- 11:00 am

Aikido \$5

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:30 pm

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Monday and Wednesday

4:30 pm- 5:30 pm

Mat Pilates Class \$7

NDB Aerobics Room

Tuesday

11:30 am- 12:30 pm

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday

12:30 pm- 2:00 pm

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am

Youth Corner

After School Program Youth Program August 7th- May 31st

Monday- Friday 2:30 pm- 6 pm

Ages 5-13

Transportation provided from E.G. Ross Elementary

\$15 Month Per Child

Active \$20 DSA Youth Membership Required

To Register: play.cabq.gov

Meet the Youth Staff
















Jayden Aragon, Recreation Leader
Angelina Baca, Recreation Leader
Regina Canela, Recreation Leader
Hope Davis, Recreation Leader
Alexis Gonzales, Student Supervisor
Raquel Gonzales, Recreation Leader
Moses Janga, Recreation Leader

Mika Juan, Recreation Leader
Matthew Mendoza, Recreation Leader
Dominique Rodriguez, Recreation Leader
Amous Rodela, Recreation Leader
Sarah Ruden, Program Coordinator
Jaeda Saucedo, Student Supervisor

YOUTH PROGRAM CALENDAR

September 2023

National Fall Prevention Month & National Preparedness Month & National Senior Center Month, Hispanic Heritage Month

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
				1 Program Hours: 7:30 am- 5:30 pm Kids Night Out Science Club Making Structures & Lego Movie! 6-8 pm Room 5 \$5 Pizza Provided Sign Up at Youth Desk
4 CLOSED 	5 NO PROGRAM 😞	6 Recreation Rotation- Karaoke and Group Dance 4:30- 5:30 pm 	7 Recreation Rotation- Write Letters to Our Grandparents 4:30- 5:30 pm 	8 Celebrate National Grandparents Day Invite our Grandparents to NDB 4 pm- 6 pm Social Hall Food Provided! 
11 Recreation Rotation- Arts and Crafts Carnival Craft 4:30- 5:30 pm 	12 Recreation Rotation- Sports Themed Games 4:30- 5:30 pm Eat Smart to Play Hard Starts!  Teen Tuesday Nintendo Competition Free Snow Cones & Snacks! Ages 13-17 6 pm-7 pm Room 3	13 Recreation Rotation- Music/Dance Activities "Feels Like Home" Mexican Culture Night 4 pm- 6 pm Room 5  Group 2- Eat Smart Play Hard Newsletter#1 sent home	14 Recreation Rotation- Learn about Mexican Independence Day & Celebrate 4:30- 5:30 pm  Bake Biscochitos with our Grandparents! 5:45- 6:45 pm Enjoy free treats and great memories	15 Mexican Independence Day Recreation Rotation- Kid's Choice 4 pm- 4:30 pm Over the Generations Family Dinner Party & Movie 5 pm- 8 pm Social Hall Encanto & New Mexican Food *Food stops serving at 6 pm* Group 2- (Week 1) Staff Check Fun books and stamp progress poster 
18 Recreation Rotation- (Tentatively) Kids Cook- Make Homemade Tacos 4:00- 5:30 pm 	19 Recreation Rotation- Team Work Activities & Reebok Fitness Starts! 4:30- 5:30 pm	20 Recreation Rotation- Dance Party! Group 2- Eat Smart Play Hard Newsletter #2 sent home	21 Recreation Rotation- New Mexico Themed Spelling Bee & Jeopardy 4:30- 5:30 pm 	22 Celebrate Family Health and Fitness Day Recreation Rotation- Health and Fitness Activities 4:30- 5:30 pm Group 2- (Week 2) Staff Check Fun books and stamp progress poster 
25 Recreation Rotation- Arts and Crafts- Scarecrows 4:30 pm- 5 pm *Start Accepting Donations for Pizza Party! * 	26 Recreation Rotation- Team work Activities 4:30- 5:30 pm Teen Tuesday Rockwall Competition Ages 13-19 6 pm-7 pm 	27 Recreation Rotation- Learn New Dance Moves 4:30- 5:30 pm Group 2- Eat Smart Play Hard Newsletter #3 sent home 	28 Recreation Rotation- S.T.E.M Chain Reactions 4:30- 5:30 pm	29 Behavior earned party Kids Choice in a movie \$5 Group 2- (Week 3) Staff Check Fun books and stamp progress poster & Pass Out PRIZES 

Calendar is Subject to Change